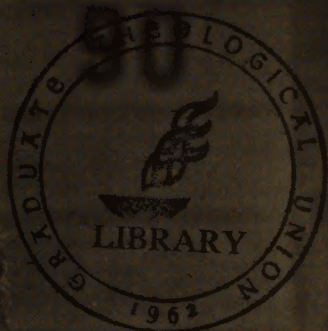


TEACHINGS OF
RAMI SATCHIDANANDA
JULY 1985 \$2

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Integral Yoga®

UPCOMING EVENTS WITH SRI GURUDEV

JUNE

- 15-16 Honesdale
PENNSYLVANIA 10th International Congress Himalayan Institute Satsang — Annual 10 day retreat
LOTUS Dinner
- 16-18 Pomfret Center
CONNECTICUT
- 19 New York
NEW YORK
- 20 New York
NEW YORK Public Talk, Synod House St. John the Divine Summer Solstice Seminar Joy Lake Community LOTUS Dinner
- 21-23 NEVADA
- 24 Los Angeles
CALIFORNIA
- 29-30 Yogaville
VIRGINIA Guru Poornima Celebration

JULY

- 14 Roanoke
VIRGINIA Seminar sponsored by The Spiritual Life Institute

AUGUST

- 26-31 Zinal
SWITZERLAND Integral Yoga Seminar

SEPTEMBER

- 1-8 Zinal
SWITZERLAND Annual Conference of the European Union of National Yoga Federations Annual Community Tea
- 29 Yogaville
VIRGINIA

OCTOBER

- 4 New York
NEW YORK International Press Conference Public Satsang

holy days & other special dates

JULY

- 2 Full Moon
- 4 U.S. Independence Day
- 12 Aborigine's Day (Australia)
- 25 Aspandad Jashan — Earth Festival (Parsi)
- 26 Hill Cumorah Pageant begins (Mormon)
- 27 Tisha B'Av (Jewish)
- 29 Sundaramoorthi (Birthdate)
- 31 Full Moon
Dhammasetkya (Buddhist)

AUGUST

- 9 Sri Krishna Janmashtami (Hindu)
- 15 Sri Aurobindo (Birthdate)
India Independence Day
- 20 Ganesh Chaturthi (Hindu)
- 24 Pateti (Parsi)
- 26 Id-al-Adha (Islamic)
- 30 Greater New Year (Parsi)
Sunrise Dance continues through 2 September (Apache)
Full Moon

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INTEGRAL YOGA® AND YOU

INTEGRAL YOGA® Magazine is the official organ of the Integral Yoga Institutes, Teachings Centers, and Satchidananda Ashrams. These centers are vehicles by which the Integral Yoga teachings of Sri Swami Satchidananda are lived and shared. The centers offer ongoing programs in the various branches of Yoga — including Hatha, Raja, Karma, Bhakti, and Jnana Yogas — as well as instruction in yogic diet and other related topics. There are open classes, courses, teacher training programs, universal worship services, and retreats for both beginners and more advanced students. Resident programs, providing an opportunity to experience total yogic living are also possible.

A wide range of guest programs are offered at the Ashram in Buckingham, Virginia. Located at the Virginia Ashram are: The audio-video department, book publishing and distribution services; a preschool, elementary and junior high school, and the international coordination offices for all Integral Yoga Centers. The LOTUS (Light Of Truth Universal Shrine) is under construction at Yogaville, Virginia.

For more information, to arrange for an Integral Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed inside the back cover of this Magazine. We are here to serve you.

Letters To

Dear Gurudev,

I would like to ask you a question. Yesterday my father and I were talking and he asked me if I had ever felt the presence of God. I said, "Sometimes, if I have a question I really want to know the answer to, if I really concentrate and turn off my mind I can get the answer."

So my father said, "Let's try to do that. I have a question. How can we love God more?" So we both concentrated, and after a few minutes my father said he heard, "Walk with me." We tried to find out what that meant but we couldn't. Could you please tell me what it means?

Love,
Mohan Hansma,
age 8
Buckingham, VA

Sri Gurudev replies:

Beloved Mohan,

Walking with God means to follow His example. That is to love all and serve all.

Many times have I thanked you within my heart for the timeless teachings so lovingly "handed down" through you and through the many great masters before you. Words alone cannot hope to express the sincere gratitude and joy that I feel when I realize how fortunate I have been to have had such a great opportunity to witness these fine teachings in this lifetime.

As the days pass I come to know more clearly that the benefit of the yoga teachings lies in their steadfast application. Words cannot serve as our anchor in this divine journey; sincere practice alone can accomplish this.

ri Gurudev

Over and over, like many others, I seem to stumble as I temporarily forget my purpose here on earth: to know Self, to love and serve. Then nature gently pushes and prods me, sometimes seemingly cruel in its methods, yet ever selfless and steadfast in its purpose: the removal of obstacles to the realization of the true guru within.

Since 1980, when I was blessed with the opportunity to go through the month-long teacher training, hardly a single day has passed when I don't find myself drawing from these timeless lessons like a bee constantly seeking its nectar.

One moment I see that we are all that Divine Living Light which animates this flower's nectar, this bee who seems to forever search, and the giving flower itself in this life play.

Heartfelt gratitude, encouragement to "carry on," a thousand and more blessings of peace I extend to all of the wonderful teachers and students who give of themselves through yoga. To you, dear, dear teacher, all the joys within my heart.

L.L.,

Barre Plains, MA

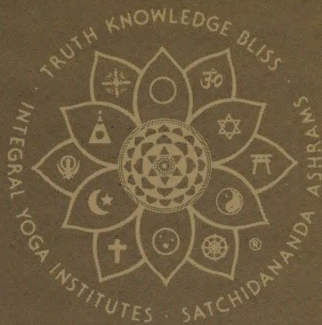
Thank you for the strength and courage which carried me through the third operation on my leg.

Thank you especially for the blessing that is our beautiful yoga family, who have come together in your name and healed me with their love and prayers.

My life is forever changed.

S.A.,

Ukiah, CA



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UNDER STANDING

by Sri Swami Satchidananda

Understanding is a great quality which everyone should possess. If we understand one another, we will also understand God. Without knowing or understanding your own Self and your neighbor's Self, how are you going to understand God? When we break down the word, we see that "understanding" comes only when you "stand under."

People don't want to stand under anybody. They want to be on the upper level. But humility comes only through understanding. As long as you think you're somebody special, you're not. When you realize that you are nothing special, then you really are something great. It's not an inferiority complex. It's humility. Remember, the one who has a lot of understanding is always humble.

You are probably familiar with the wheat plant. You see the wheat in the field growing straight up. As it slowly grows, the tender grains are still looking up. They never bend down. But at the time when they are rich in nutrition and fully ripe, they are not straight anymore. Because there is weight in the head they bend and bow down. An empty head will proudly stand straight up: "I am so high!" But the mature one bends low to the ground. The understanding one will always be humble; that is the greatest virtue.

Wherever you see humility, there is understanding. Really there is no limit to understanding and learning. In the Hindu faith, Saraswati, the goddess of wisdom, is always shown with a book in her hand, still reading. If she herself is still continuously learning, where is the limit? If we are keen to learn, we won't reject anything. You don't even have to read books. If you want to know, "ask and it

shall be given." All of nature is a book of knowledge. Draw silent lessons from all around you.

The wealth of hearing is above all wealth. Always listen. You were made to listen. You were given two ears but only one mouth. That's the proof. Talk less, hear more. If you were meant to hear a word and simply accept it, one ear would be enough, right in front. But the ears were put at the sides of your head so that when the message comes, it should split into two halves and go in each side. That means you analyze it, understand it, and only then accept it. Don't take just any word that comes as the truth.

There is not a door to close the ears. Those funnels that catch all the vibrations are always open. But to talk you must pass two fences. Before a word can come out, it has to pass a row of teeth and the lips. Keep words very sacred. Don't let them out easily. If you still want to talk, think twice.

Our understanding is not just through the senses, it's through the mind. Hearing is not enough; you have to listen. Listen with the ears and with the heart too. There is a great difference between listening and hearing. If you listen, you need not take notes. There's a big recorder inside, multitrack, an unending tape. If you listen carefully, you are taping without any distortion. These ideas may appear very simple, but they are the basic bricks with which to build an entire life. Without these bricks, nothing can be achieved in the spiritual area.

Once Avvaayar, a great woman saint of South India, cried to God: "Lord, I don't know what I'm doing. I seem to have grabbed all the things from many



books and learned them by heart. I seem to be talking and talking as if there were mouths all over my body. When can I get out of this and find the silence?"

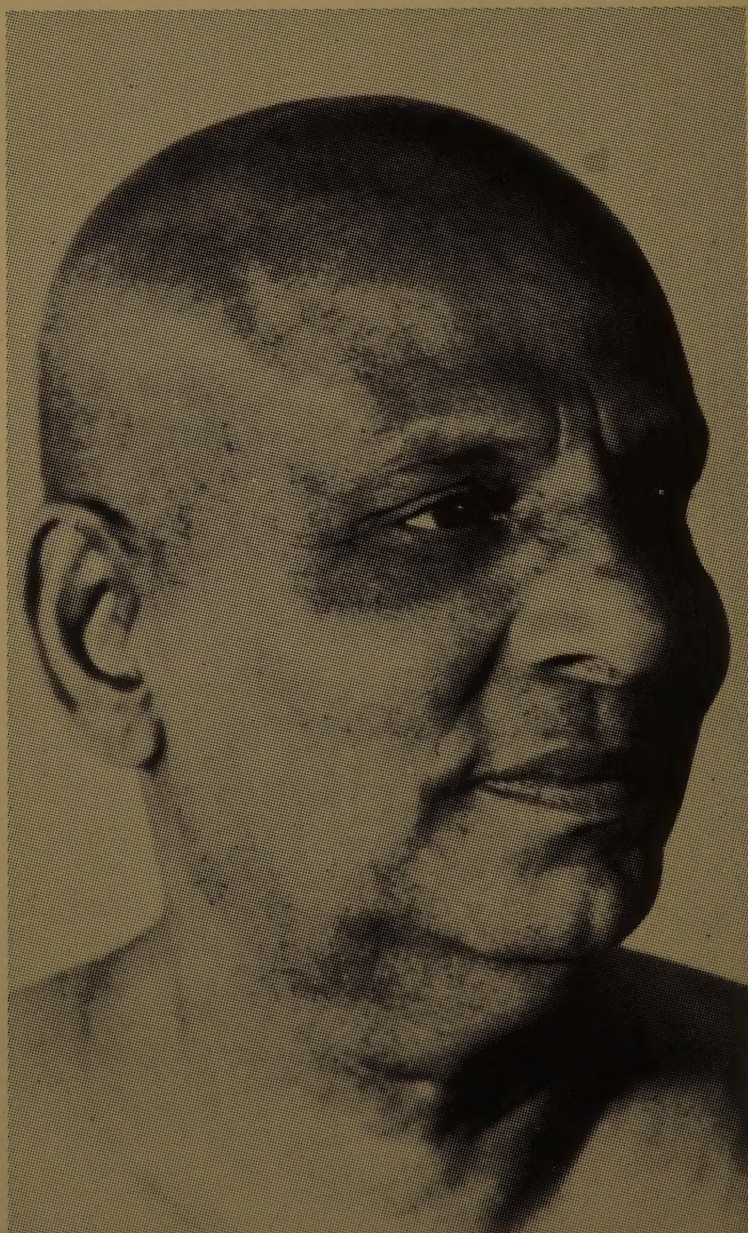
Through silence you can realize the quiet witness within you. That silence is the spirit or awareness. Your awareness is silent. It never tells you anything. It is just there simply watching you. Whether you do good or bad, right or wrong, it just witnesses. A witness never gets involved in the case and never joins one of the sides. God is like that, and His creation is also like that in a way. The sun is just a witness, the wind is a witness, the sky is a witness, the water is a witness. The witness is there; that's all. In its presence, you act.

To know that silent witness which is always aware, to know the Knower, you should stop trying to know other things first. Know other things afterward. The rest will come automatically. This may remind you of a beautiful saying in the Bible: Seek you first the Kingdom of Heaven by which you will have everything afterward. If you don't know

the Knower, even if you have the whole earth, the universe is useless to you. All the wealth you possess is just a big zero. By itself it has no value.

Take a check, write a few zeros on it, and give it to somebody. He or she won't be able to get even a penny for it. Add two more zeros. Still nothing. But if you just put a one in the front and then start adding zeros, every zero will increase the value tenfold.

First know who you are. Then all the other knowledge will have a magnified effect. Don't forget to have that One before all your zeroes. Know that you are That. Be silent and find inner knowledge. Listen to the silence. To realize, go into deep, deep silence. The only limit to wisdom is silence. In that silence realize your true nature. There are no words to describe that Self. As the Upanishads say, it's not consciousness, it's not unconsciousness. It's not the sum total of all consciousness. You can't talk of it. There's no mark, no symbols. It's not located in one place. That's the essence.



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COME OUT OF THE RUT

by Sri Swami Sivananda

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One is a real potentate and emperor who has conquered the mind. Someone like that can do anything. He can move about wherever he likes. He is as free as the atmospheric air. His happiness, freedom and peace are unbounded. The joy and freedom of such a yogi cannot be imagined by the poor, petty-minded worldlings. Attachment and luxury have enfeebled them.

Know your real divine nature. Come out of this earthly rut. You are lions, not sheep. You are real emperors, not beggars. You are children of God, not weaklings tied to this perishable earth. You think of body, food, wife, husband, friends, children; but you do not turn your mind inward to find out what lies within you. You think that your body, this bundle of flesh and bones, is real; and on this basis, you build the whole citadel of your life's ambitions and activities. You have mistaken the shadow for the substance. Though you are endowed with the power of thought you do not wish to utilize this power in quest of the immortal Self. You have abandoned the precious *Atmic* jewel and caught hold of a piece of broken glass. Is this not foolish?

Why do you bleat like a lamb? Assert, recognize and realize your true nature to be one with God.

There was once a lion cub, left by its mother among some sheep. It soon grew into a big lion, but it bleated like the sheep. One day another lion came and

heard the sheep-lion bleating with the other sheep. He was struck with amazement and asked the sheep-lion, "Brother, what is the matter with you? Why are you here in such an abject state?"

The sheep-lion replied, "I am a sheep. I am happy here amidst my brothers and sisters."

"Nonsense!" roared the other lion. "Now come along with me. I will show you that you are under a delusion." He took the sheep-lion to the bank of a river and showed him his reflection in the water. "Look at your reflection now. You are a lion. I am a lion."

The sheep-lion looked at the reflection and then said with joy, "What a terrible mistake I committed. I am certainly a lion indeed and not a sheep at all." He roared loudly and went off with the other lion.

You are also bleating like the sheep-lion. You have forgotten your real, divine nature. Sovereignty is quite natural to you. Sovereignty is an attribute of God. On account of ignorance you have mistaken the body for Spirit, and you vie with rivals in business, in the office, in college, in games, in dominions, and in any field of activity. You can have absolute sovereignty only by realizing God. Therefore, realize this wonderful Bliss and become a veritable potentate of the three worlds.

*from Sivananda's Gospel of Divine Life,
published by the Divine Life Society.*

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MAN KIND STANDS POISED

BY DR. KARAN SINGH, M.P.

There comes a time, which comes but rarely in human history, when mankind stands poised between the weight of the past and the challenges of the future; when the old collapses and the new struggles desperately to be born; when the promise of a higher consciousness begins to unfurl its potentialities, but the forces of hatred and destruction cast their ominous shadow over generations yet to come; when knowledge grows apace but wisdom languishes; when science and technology give us incredible gifts, but also open the floodgates to unimaginable destruction; when we have within our grasp the possibility by the end of this century of abolishing poverty and hunger, illiteracy and unemployment from the face of the earth, but when all the fruits of human history and civilization could by then have been abolished in a nuclear conflagration destroying not only the human race but all life on our planet. It is tragic irony that Mother Earth, which has nourished and sustained consciousness for a billion years up from the slime of the primeval ocean, is today herself imperilled by the human race which is in the vanguard of evolution.

Coming as we do from different climes and races, we are gathered in this beautiful and gracious hall of worship, the Cathedral of St. John the Divine in the heart of the world's greatest city, dedicated to the author of the great Revelation that flowed from his vision on the Island of Patmos, to invoke the grace of the Divine upon humanity. Representing many religious faiths of mankind, we are united in our conviction that a divinity pervades the cosmos — *Ishavasyam idam sarvam yatkincha jagatyam jagat* — as

the Upanishad has it, and that each human being on this planet, regardless of creed or denomination, partakes in some mysterious way of divine grace and divine potential. What is required at this critical juncture is that the many streams of our separate aspirations should merge into a unified prayer for peace and well-being, so that this may evoke a powerful and effective response from the divine power to save mankind from total destruction. Sri Krishna in the *Bhagavad Gita* clearly says that whenever the human race is in real danger, a decisive divine intervention takes place for the re-establishment of *Dharma*, righteousness, on earth.

A creative symbiosis, a merging of the positive elements in each great religion, could even at this midnight hour dispel the darkness and release the psychic energies so urgently needed to meet the global crisis. This is borne out by a contemporary revelation in the astonishing book *The Present Crisis* by Pandit Gopi Krishna who passed away only a few weeks ago. This not only graphically portrays the danger of annihilation, but predicts that nuclear war can be averted if enough people become aware of and grow into the higher consciousness. Other great thinkers of our time, notably Sri Aurobindo in the East and Teilhard de Chardin in the West, have spoken eloquently of the crisis that looms ahead and the evolutionary leap that is required to overcome it.

Hinduism, the religion based on the Vedas, the most ancient living scripture available to man, has placed before us the noble ideal of the oneness of mankind — *Vasudhaiva kutumbakam* — and proclaims the divinity inherent in each

human being, the essential unity of all religions and the brotherhood of the family of man. We must rediscover the core of divine power that resides in each individual, that underlies all creeds and dogmas, that cuts across all the artificial barriers man has so painstakingly erected down through the long and tortuous corridors of time, and that holds within it the key to our survival and spiritual evolution. It is these truths that we must rediscover, for, as Jesus rightly said, "Ye shall know the Truth and the Truth shall make you free," and, as the Upanishad proclaims: *"Satyameva Jayate Nanritam,* — the Truth alone prevails, not the falsehood."

At this moment of supreme peril let us cleanse our minds and hearts of internecine bitterness and suspicion, for to survive we must together forge a higher consciousness that embraces all the religions of man, including the non-believers, so that our children and theirs can flourish into the millenium ahead. Many are the wars that have been waged in the name of God; millions are the human beings who have perished and continue to perish in these conflicts, while the forces of atheism also extend their sway over large segments of the human race. Let us now, we who call ourselves men and women of religion, wage peace with the same zeal with which we once waged war, so that the era of human conflict may pass into the pages of history and we may embark on a new adventure of love and cooperation, of mutually assured welfare rather than mutually assured destruction. Let us not wait for the day after, but spread the message of peace and harmony to the ends of the earth on the day *before*, now, when we can still hear the laughter of children and feel the warmth of human relationships; when we can still respond to the beauty of music and the ennobling experience of creative art; when our hearts can still resonate with the wisdom of great literature and the sovereign vibration of love.

And let us so reorganize planetary re-

sources that the two-thirds of humanity still struggling at subsistence level is assured of the material and intellectual inputs necessary for a decent civilized existence; so that millions of children do not go to sleep at night hungry and underfed, or grow to adulthood with stunted minds and bodies; so that millions do not perish from communicable diseases, including new and virulent strains that baffle medical science, or waste away from malnutrition until their very humanity is reduced and distorted. All this can be achieved if even ten percent of the world's resources now consumed by increasingly lethal weapons of overkill are diverted for peaceful purposes. We must remember that talk of peace loses much of its meaning unless it is accompanied by justice and freedom for each individual on earth, because each person is unique and has the potentiality of making a unique contribution to human civilization.

The air is thick with foreboding, and dark clouds of conflict seem to be gathering on the horizon. And yet those of us who tread the inner path must keep faith amidst the encircling gloom. Thousands of years ago a great seer of the Upanishads proclaimed in ecstasy: "I have seen the Great Being shining in splendor on the other shore beyond the darkness." Let all of us gathered here open our deepest selves to the light and the power of that Great Being, so that we are irradiated by divine luminosity and develop the wisdom to act in such a way that our beautiful planet, so lovely and yet so fragile, shall become not a burnt-out cinder circling the sun into eternity, but the cradle of the greater man reflecting the power and the glory of the higher consciousness.

Dr. Karan Singh, M.P. is the President of the Virat Hindu Samaj in India and is a member of the LOTUS Advisory Council. He delivered this inspiring address during the Spiritual Summit VI at the Cathedral of St. John the Divine on the 7th of October, 1984. We are honored to include his words in this Magazine. ❧

IN MEMORIAM...

SRI KALIDAS

The end of 1984 brought not only a close to a year, but the closing of a chapter in the life of one who played a great role in Gurudev's life as a young *sadhu*.

It was in 1944 that Sri Gurudev, then known as Ramaswamy (Ramu), left his home and traveled to Holy Palani — site of the great hill temple dedicated to Lord Muruga. It was at this time that Gurudev had the rare opportunity and privilege to study with some of the most accomplished *siddhas* and yogis of this century. In Palani, he delved full time into spiritual pursuits and abandoned himself to the care of the Divine.

Two young men took note of the young *sadhu* named Ramu. Some quality in him attracted them deeply, and they very soon became devoted to him. Sri Kalidas was then a young bachelor. He and his elder brother, Sadaiaappa Chettiar, sent Ramu lunch very often. Sometimes they would persuade the young *sadhu* to come to their home to dine. In the evenings Ramu often visited them at their shop in the center of the town. They always kept a cup of milk and a few bananas there in case he visited.

It was Sri Kalidas who offered Ramu his small hut with its large compound area to live with his brother's family. Each day they would send over two large *iddlis* (little steamed cakes made of ground rice and *dhal*). This along with "*pancham-ritam*," the temple *prasadam*, and a little yoghurt comprised Ramu's only meal for the day.

Within this home, Ramu lived in complete seclusion and engaged in rigorous yoga practice and meditation for fifty-one days. It was during this time that a large number of pilgrims came to know about

Ramu and sought him out for healings and cures. For these people, Ramu kept a coconut shell container filled with holy ash just outside the hut. Devotees would come, offer their obeisance and take some of the ash. Often they would just quietly come and not even see Ramu; yet all reported miraculous cures.

In 1953 Sri Gurudev left India to serve in Sri Lanka. From that time on, whenever he visited South India Sri Kalidas was always there to receive him.

In November of 1984, when forty of Gurudev's western students had the privilege to accompany him to India, they had the further good fortune to meet Sri Kalidas, Gurudev's longtime devotee and friend. During that visit Sri Kalidas asked Gurudev to come to his home. There, in the same home where Sri Kalidas first received Sri Gurudev some forty years before they spent time reminiscing. Gurudev blessed Sri Kalidas and his family, photos were taken and fond farewells were exchanged.

On Sri Gurudev's most recent visit to India (February 1985) after arriving in Palani, he received the news of the passing of Sri Kalidas.

The Integral Yoga Institutes and Satchidananda Ashrams join Sri Gurudev in expressing heartfelt sympathies to all the family members.

The life of this dedicated and sincere soul will always be a vibrant and living example for all the devotees of Sri Gurudev. Perhaps the gap left by the loss of Sri Kalidas's physical presence is best filled by an eternal feeling of gratitude which lives on in our hearts.

—Swami Premananda Ma



A Sadhu Becomes A Lion

from the forthcoming new biography of Sri Gurudev

Ramu and Sri Kalidas traveled between Palani and Pondicherry by rail. During the morning the train stopped its laborious squeaking to rest at a station. Kalidas said that he would go purchase some breakfast in the station so that they could eat as they traveled.

Ramu watched as a stream of people flooded into the iron cars. Then he turned toward his friend. "When you go for the food it would be best if you placed a piece of luggage on your seat to make sure no one takes it while you are gone." They still had a long way to go, and only maximum discomfort could be expected if they stood for the journey. Kalidas brought down a piece of luggage and went to buy the food. Ramu looked out the window at the de-

parting figure of his companion.

Many people traversed the aisle searching for empty seats. Seeing the suitcase on Kalidas's seat, they passed it by, but one rather large man leaned his ponderous bulk over Ramu.

"Is that your bag?"

"No. It belongs to my friend. He's just gone to buy some food, but he'll be back any minute."

"In a minute, huh?" The man looked sharply at Ramu. Certain people, even *sadhus*, would cover extra seats so that they would have more room to stretch out during the ride.

Ramu guessed the man's suspicion and tried to ease it. "He'll be back very shortly."

Sri Gurudev with Sri Kalidas on their last visit.



"Well, how about letting me sit there until your friend returns. When he comes back I'll simply get up and go."

"I can allow that only if you promise to get up as soon as my friend returns."

The man smiled tightly. "Of course," he agreed.

Ramu lifted Kalidas's bag and the man sat down, adjusted his body to the seat and made himself comfortable.

After a few minutes, Ramu looked through the window. Sri Kalidas was winding his way slowly through the crowd, balancing the food on his hands. "Ah," he turned toward the man. "My friend has returned. You can see him for yourself. You'll have to leave now."

The man remained seated, staring straight ahead as if deaf. Kalidas, juggling the food, was rather surprised when he arrived at the seat. Ramu turned toward his neighbor. "Here is my companion. Please do as you promised. Get up and give him back his seat."

The large man glanced up at Kalidas and realized that this type of man wasn't about to fight for a seat. He leaned back, stretching. "Well, I've decided not to leave. After all, why should I have to spend my trip standing up?"

"Sir," Ramu persisted, "you made a promise to me. I don't see how you can go back on your word."

The man refused to look him in the eyes. He looked at the floor and said, "I am quite comfortable here. I don't wish to leave."

"You're absolutely not going to leave?"

"No."

"Are you sure?"

"Positive."

Ramu leaned toward him. "Sir, do you want me to throw you out of your seat?"

"You? You could do that?"

"If you really want me to do it."

The man snickered. "I've seen many talk like you. Let's see you do it." He

rooted his bulk to the seat.

A terrible, fierce look came into Ramu's face. In a second his face took on the appearance of a lion, a jungle beast. He seemed to grow in size. Raising his arm, he turned as if to knock the man out of the seat.

Terrified and shaking, the stranger jumped up and ran from the seat. As soon as the seat was vacant again Kalidas sat down. He and Ramu began calmly dividing the food. Within a few minutes they were eating and chatting as if nothing out of the ordinary had occurred.

The man watched from a corner of the car in amazement. After a while, he approached Ramu meekly.

"Sir?"

Ramu looked up benignly. "Yes, son?"

"I don't understand you at all."

"What don't you understand?"

"Aren't you a *sadhu*, a renunciate?"

"Yes."

"In just a few seconds I saw you turn from a calm renunciate into a wild animal. I thought you were going to kill me, so I ran away. Then in another few seconds, I saw you turn back into that calm *sadhu*. How could you have done that? Were you really going to hit me?"

Ramu's eyes lit up mischievously.

"Would you like to try me again?"

"No, no, certainly not." The man stepped back quickly.

"Don't worry, sir. I won't hurt you."

"How could you get so angry? You're a *sadhu*."

"I never actually became angry," Ramu explained. "I keep anger by my side and if I need it, I just call on it. It's something like having a police dog for a pet. When I no longer have any use for it, once again I keep it by my side."

"Thank you." The man picked up his luggage and went into another car. Ramu and Kalidas finished their meal peacefully.





GOD IS INEFFABLE

by Saint Augustine

Have I spoken of God, or uttered His praise, in any worthy way? Nay, I feel that I have done nothing more than desire to speak; and if I have said anything, it is not what I desired to say. How do I know this, except from the fact that God is unspeakable? But what I have said, if it had been unspeakable, could not have been spoken. And so God is not even to be called "unspeakable," because to say even this is to speak of Him. Thus there arises a curious contradiction of words, because if the unspeakable is what cannot be spoken of, it is not unspeakable if it can be called unspeakable. And this opposition of words is rather to be avoided by silence than to be explained away by speech. And yet God, although nothing worthy of His greatness can be said of Him, has condescended to accept the worship of men's mouths, and has desired us through the medium of our own words to rejoice in His praise. For on this principle it is that He is called *Deus* (God). For the sound of those two syllables in itself conveys no true knowledge of His nature; but yet all who know the Latin tongue are led, when that sound reaches their ears, to think of a nature supreme in excellence and eternal in existence.

Translation: Great Books of the Western World, Robert M. Hutchins, Editor in Chief. Volume 18, page 626.

YOGA ON THE WAY TO PRISON

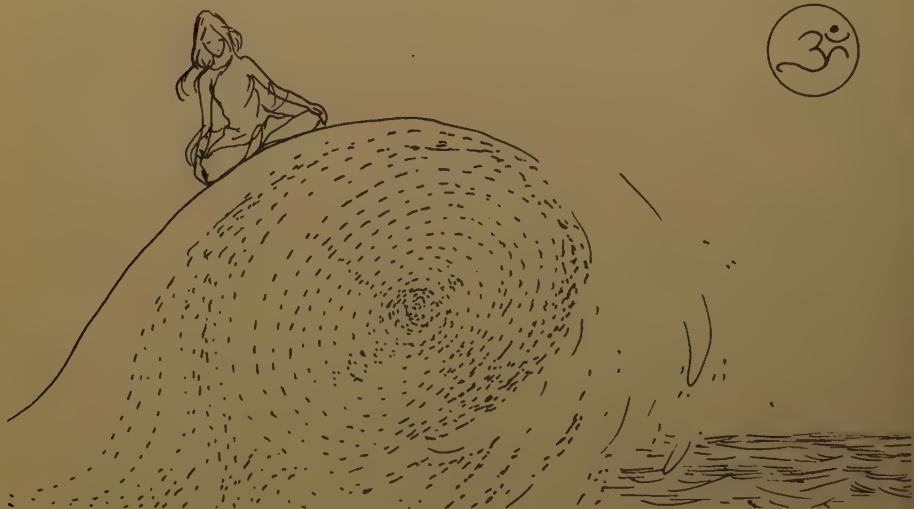
by Jeri Becker

Beloved Swamiji:

Namaste. As this year was closing, I was doing some reflecting and analyzing of the lessons and tests I've encountered in this little lifetime thus far . . . sort of doing a self-evaluation "report card," as I begin the fifth year of incarceration at this prison. Because of your understanding of American prison environments, etc., I wanted to share with you some interesting bits of information regarding my own "prison" living, and the great opportunities for spiritual progress it has presented.

This morning after Hatha Yoga practice and a brief meditation, I was reading your translation and commentary of one of Patanjali's *Sutras* as is my practice. I was near the beginning of the book again

on my second time around, and had a thought as to how many readings I had gone through of my previous book of Patanjali's *Sutras*, *How To Know God*. With a smile I thought to myself, "You have been reading and trying to assimilate and live by these truths daily for several years now, and still you are such a beginner, back at the beginning (of the book)." That's when my mind and memory began to spiral back into this life and showed me some of these little reminiscences: I recalled that one of the things that sustained me nearly five years ago when I spent ten months in the County Jail awaiting trial for a crime I had not committed, was the daily, disciplined Hatha poses (which was all I was really practicing at the time). I



Illustration, by Jeri Becker

remember that year in jail, after I was stunned by the unbelievable blow that I had been convicted for "someone else's" actions (though I realize now that my own choices and experiences alone have created my own *karma* and tests to face in this life). I had a recurring thought — *very strong*, like a thread of hope that I clung to throughout that period of transition from jail to prison. It was that when I reached prison and was situated there, I would learn to meditate. During this period I speak of, I was also in a state of shock and intense mental and physical grief.

The other memory from this time which stands out so clearly in my mind, was the actual plane ride from the jail in northern California to the prison in southern California. This was accomplished in three days on a tiny "security" crop-duster type airplane as it stopped at jails throughout the state, picking up prisoners (mostly men) and dropping them off at the various men's institutions throughout the state. All the while, all ninety-five pounds of this little female body was trussed up in about twenty pounds of chains, leg irons, handcuffs and other "hardware" and squashed off into the rear seat of this small rickety four-seater airplane. The plane was piloted

by gruff, threatening armed guards who were continually making ominous remarks to the effect that they were "itching to shoot the first convict to make a wrong move." Who could move with all those chains? (This was also my first experience with "armed guards," police and prison inmates. Most of my companions on the plane heading for the men's penitentiaries were huge, weight-lifting, tattooed fellows, bigger than anything I'd ever seen. I wondered if the women at the prison I was headed for would look like this too.)

Well, the first day of that trip I spent knotted up in an almost paralyzing fear. But the second day, for some relief from the physical discomfort, I began doing some breathing exercises I'd learned from books, and then I "hooked into" one tiny blue light on the dash of the plane. I found that when I focused completely on that tiny light, the threatening atmosphere was just sort of dissolved. Even at night, flying in complete darkness, surrounded by unfamiliar hulking bodies, that tiny blue light seemed even brighter and I survived that trip, concentrating on that one point of light and putting everything else out of my mind. I had no idea at the time that I was even then learning the preliminary steps to readying the mind for meditation.



God is love
 God is light
 God shows through the
 moon at night
 God is health
 God is wealth
 God is truth in
 your self.
 —Suguna Herrsche, age 8



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LOTUS UPDATE

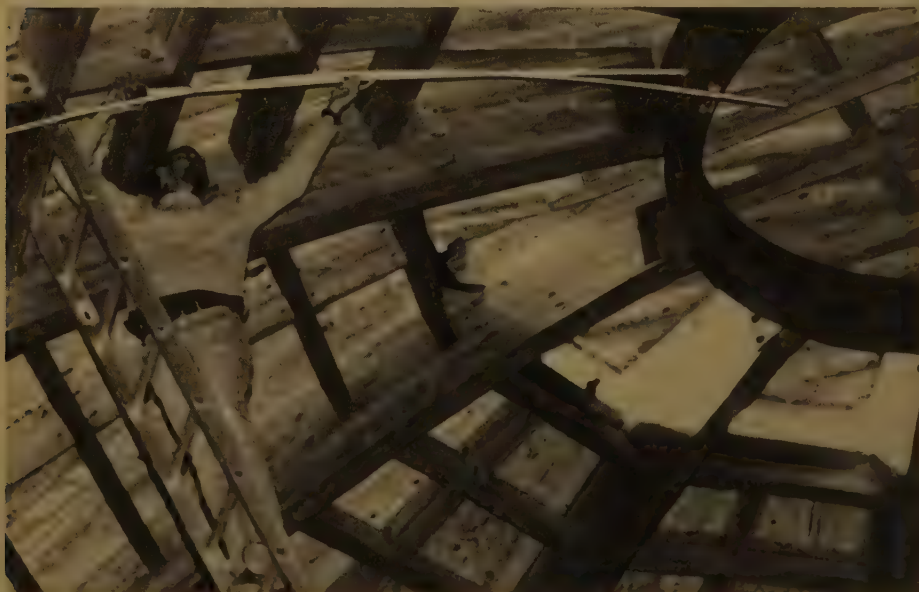
BY SWAMI ARULANANDA AND TURIYA MORAN

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This winter most of the major construction on LOTUS was completed, and we are currently engaged in finishing work on the Shrine. Saswathan Quinn, the Ashram's resident cabinetmaker, has been very busy working for LOTUS. He and his crew (Swami Shraddhananda Ma and David Collins) have recently finished the complex tasks of building tips for all of the Shrine's petals, and preparing the framework for the secondary petals of the Shrine's exterior. Lewis Thompson and his crew from Andrews, Large, and Whidden Construction Company, did the final assembly and installation of the secondary petals. In mid-May we began preparing the petals for the Italian glass

mosaic tiles to be affixed. This project will require five or six weeks. It is possible that by the date of Guru Poornima this year (June 29) we will see the tiles being installed.

Work continues on the inner dome of the Shrine, which will support the elaborately wrought copper cupola now being made in India. Recently Sri Gurudev showed us slides of the cupola being built by the craftsmen and artisans of Kowmara Madam in Coimbatore, Tamil Nadu, India. We were excited and pleased to see how beautiful the cupola and all the art work will be. Gurudev showed slides of the four-foot-tall black granite elephants which will stand at the



Dr. Prasant Hansma stands on a ladder near the very top of LOTUS to determine the location of tubing for the lights which will go to all the different altars.



upper entrance of the Shrine; the polished red granite *mehru* which will support the central light column; and the lovely lotus flower fountain heads for the reflecting ponds, also made of polished red granite. We eagerly viewed slides of the two statues destined for the grand archway at the LOTUS Reception Area. These beautiful tripartite statues each are carved from single pieces of black granite. The top portion is a glorious winged angel, bearing a garland for the visitor;

the lower portion is an unusual combination of a lion with an elephant figure beneath its paws. The central portion is a pedestal. Captive in the lion's mouth and guarded by its incisors is a free-rolling ball, which of course was part of the original piece of granite. An offering stone in the form of a lotus blossom is being made for the grand archway; it will be placed beneath the central arch. The Madras Gem Granite Company is donating a beautiful polished red granite

Sri Gurudev inspects a sample neon light to see if it is suitable for LOTUS.





veneer for the entrance archway of the Shrine. At Kowmara Madam spires are being built for the Shrine and the grand archway. They are making elaborately carved bookstands for the side altars as well. We are all very grateful for the selfless service of LOTUS Advisory Committee member Sri La Sri Sundara Swamigal and the artisans of Kowmara Madam Ashram for their inspired work on the LOTUS project.

New Age Builders, Inc., a local *sangha* construction firm owned and managed by the Rev. Bhagavan Metro and Mitra Metro, has been working on the library level interior. They have completed the walls on the library level, which will enable them to proceed on the ceiling work. *Sangha* members Sadasiva Adie and Nilakantan Bertram are working for New Age Builders on the project. Saswathan and the Cabinet Shop crew will install the library shelving and the central vaulted ceiling of the lower level.

The most involved and exciting work being done now is on the altar lighting.

Dr. Paul (Prasant) Hansma, Professor of Physics at the University of California in Santa Barbara, has been working on the design for the LOTUS light for the past few years. This January Dr. Hansma began an eight month sabbatical from U.C.S.B. and moved with his family to the Ashram in order to complete the lighting work for LOTUS. Dr. Hansma, Swami Bhaskarananda, and Swami Swaroopananda have built a working model of the central column light, and are now busy with final details on the project. The central column will consist of a white neon tube — one inch in diameter and twenty-seven feet long — inside a glass tube four inches in diameter and the same length. This glass tube will be filled with water and ethylene glycol which will be pumped continuously upward toward the ceiling; the effect will be that the light appears to rise from the *mehru*. From the top of the central column on the ceiling twelve argon-mercury light tubes will descend to illuminate each of the altars on the Shrine's perimeter.

Parvathi Nguyen fiber-glassing lotus petal tips in the Cabinet Shop.





Saswathan Quinn (on ladder) and David Collins place the ridge beam for one of the upper petals.

Landscaping has begun at LOTUS. We recently bought one thousand junipers to cover the berms at the Reception Building, and the planting has already been completed there. A design for the front circle has been approved, and we will be looking for more good sources of plants and landscaping materials.

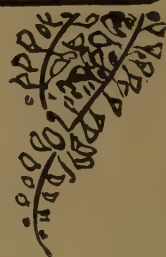
The LOTUS Dedication has been scheduled for June 22, 1986. We have already begun planning for the event

which will include Guru Poornima, a celebration of Sri Gurudev's twenty years of service in the U.S., and an ecumenical conference with distinguished members of the world religious community. We hope you will all be able to join us for these spectacular events. For more information, contact the "LOTUS 86" Committee, Attn. Jnanam MacIsaac, Route 1, Box 172, Buckingham, VA 23921.



KEEP ME SAFE

by Sr. Joan Metzner



"Keep me safe, O Lord. IN YOU is my hope."

The first image that this prayer brings to mind is of one asking for protection from attack; a plea that one will not be harmed. In other words, "Please don't let anything 'bad' happen to me, my body or possessions." But a second understanding of this prayer is a desire for safety from my illusion of God's anger or punishment.

"Let me feel safe with you; safe because I know you are and always will be with me. Keep me rooted in the assurance that I am safe, that nothing can harm that Eternal Self in me which Your Holy Spirit guides and protects. Keep me safe from the illusions of the ego, which stir up fear that I can be harmed. I ask not so much safety for my possessions, which will pass anyway, but safety from the fear and guilt which threaten my peace.

"Keep me safe during this day; safe from the judgments of the past and safe from anxieties about the future; safe in the knowledge that all is well and You are near; safe in the conviction that You will inspire, guide, console, heal and strengthen. Keep me safe because I trust not in the promises of passing idols, but I trust in You and in Your promise to be with me all days. I trust in the fact of Your victory over the ego and its falsity.

"Keep me safe, Lord, that I may let others feel safe in my presence. Let me not judge nor condemn, but always uplift and confirm. Yes, we give the 'sacrament' of confirmation to each other. We confirm in each other the presence of Your Holy Spirit. And so in this safety I will have no need to be defensive, because You are my hope, my Light and my Life and that can never be taken away."



POEM

by Brother David Steindl-Rast

This is an age of iron
Teeth tearing and grinding
A child
Is not welcome in this
Year of disgrace

Not till within me
Bonds burst in birthing
The child
I am meant to be
Will there be peace




A PSALM OF DAVID



O Lord, you have searched me and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue
you know it completely, O LORD.

You hem me in — behind and before;
you have laid your hand upon me.
Such lofty knowledge is too wonderful for me,
too lofty for me to attain.

Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.

If I say, "Surely the darkness will hide me
and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.



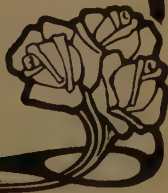


For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and
wonderfully made;
your works are wonderful,
I know that full well.
My fame was not hidden from you
when I was made in the secret place.
When I was woven together in the depths of the earth,
your eyes saw my unformed body.
All the days ordained for me
were written in your book
before one of them came to be.

How precious to me are your thoughts, O God!
How vast is the sum of them!
Were I to count them,
they would outnumber the grains of sand.
When I awake,
I am still with you.

...
Search me, O God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.

Psalm 139





DAY BY DAY WITH SRI GURUDEV



EUROPE

BELGIUM

15 April

Sri Gurudev arrived in Brussels where he was met by the President of Integral Yoga Belgium, Savitri De Meyer, her husband Roger, Vice-President Poornima Goodman, Usha Devi and other devotees.

Rama Saenen, a student of Sri Gurudev and the spiritual director of the Raja Yoga Centre, drove Gurudev from the airport to Antwerp for a full day's rest. The following day, Sri Gurudev gave a *satsang* at the Raja Yoga Centre. It was preceded by their renowned soul-stirring *kirtan* and followed by the LOTUS slide show.

At the end of the *satsang* Rama, who had been associated with Sri Gurudev since he first visited Belgium in 1966, explained, "Each week during our *satsang* we have been studying the *Bhagavad Gita*. That is good, but we are studying something that is "dead" in that it is a book. Tonight, however we are seeing the "Living Gita" — the true example of the *Bhagavad Gita* in action. To have the presence of the Satguru is the most vital part of our spiritual development. As this is so vital to us, we request you to come as often as you can to be with us whenever you can."

The *satsang* ended just before midnight, and as everyone was about to depart, Sri Gurudev learned that the next day was Rama's birthday. Gurudev immediately called everyone back into the *satsang* hall and led peace prayers and the singing of Happy Birthday for Rama and for the continued success of the Yoga Centre's activities.

17 April

Rama drove Sri Gurudev back to Brussels where the Integral Yoga Belgium members had organized several programs. First was a lovely LOTUS benefit luncheon which over sixty people attended. Those attending included some of the most senior yoga teachers and acquaintances of Sri Gurudev, including Mr. and Mrs. Andre Van Lysbeth and Usha Devi. The Van Lysbeths brought a photo album to show Gurudev the photos from his visits in the 1960's. Gurudev explained how he had come to a yoga conference, on the invitation of the Van Lysbeths at the large Palais De Congres, and addressed the gathering of over 3,000. The album contained fantastic photos of Gurudev performing *asanas*. These photos were often used in the popular *Yoga* magazine that the Van Lysbeths publish. Andre Van Lysbeth then told Gurudev, "Though we may not see each other often, you have played a most important role for me. I was like a dry forest and you were the match that lit the vital flame that consumed my life and transformed me into a yogi."

That evening there was a public lecture held at the beautiful Shell Auditorium where Sri Gurudev spoke on the theme of "How to Be Peaceful." He also showed the Yogaville and LOTUS slide show.

Poornima Goodman and her husband Mike graciously hosted Sri Gurudev for the overnight stay. In the morning, as Gurudev was about to depart for France, Mr. Goodman commented, "We have had nothing but rain for weeks and weeks. Just an hour before your arrival the rain stopped and we have the first sun



we've seen in weeks. We are sorry you are leaving Belgium, and there is one thing we ask: Please don't take away the sunshine that you brought."

Gurudev surely left the sun shining in the hearts of all the Belgium devotees. Special thanks to Savitri and Roger De Meyer, Poornima and Mike Goodman, Rama Saenen and all the members of Integral Yoga Belgium.

FRANCE

18 April

Karuna Ehlermann drove Sri Gurudev from Brussels to Lille, France where Mr. and Mrs. Mont Lannes had arranged for him to speak during a large expo sponsored by the City. One aspect of the Festival focused on the cultural, artistic and religious traditions of the Orient. Sri Gurudev spoke on the theme of "Harmony." After the talk, the Mayor of Lille invited Sri Gurudev to have a beverage and snack as the guest of the City of Lille. Afterward, devotees Bernard and Marianne Le Blanc invited him for a Chinese lunch near where their family lives.

Karuna then drove Gurudev to Paris where Integral Yoga France had arranged several programs. As we weren't quite sure of the exact directions to reach the apartment of Gerard Le Comte, President of Integral Yoga France, we tried to telephone him, but couldn't reach him. Gurudev reassured us that he would lead the way. Though Paris is one of the more complicated cities and though he had only been twice to Gerard's home, Gurudev directed us in and out of the narrow and winding streets, leading us exactly to the apartment.

This demonstrated clearly what Gurudev described in a seminar geared to top executives that he addressed on the previous day. He spoke on the theme of "Serenity and Efficiency" and explained, "My mind is always calm, serene, clear. Therefore the problem is clearly seen and the solution comes easily. The problem and the solution are two sides of the same coin. When a problem comes and we get upset, we can't see the other side. If you keep your mind calm, all you have to

do is to turn the other side and see the solution!"

20 April

Mr. Gerard Blitz, the Founder and President of the European Union of National Yoga Federations, paid a visit to Sri Gurudev. They discussed the growing work of the Union and especially the upcoming visit of thirty European yoga teachers to the Virginia Ashram in May. The teachers will spend two weeks at Yogaville, during which time seminars and workshops will be conducted for them. Mr. Blitz's key assistant Nicole Buchert and her daughter Morgan also visited with Gurudev.

That evening a public lecture was held in a hall which was filled to capacity. Sri Gurudev spoke on the theme of "The Various Aspects of Yoga in Daily Life." Devotees came from as far as Northern England, Spain, Portugal, Germany, Switzerland and Belgium, as well as from all parts of France to hear him speak.

21 April

It was a unique and momentous occasion to witness the first YES (Yoga Ecumenical Service) held in Paris. Sri Gurudev was joined by Rabbi Shlomo Carlebach, four Vietnamese Buddhist monks, two Brahma Kumari members, a Muslim representative, and a Catholic priest. They entered with lit candles and together lit a central candle around which they were then seated. They each offered prayers in their own tradition. Sri Gurudev's "LOTUS Prayer" was recited in French by the celebrants and the audience — a beautiful experience. After the service, Rabbi Carlebach sang songs and told inspiring stories in his unique and musical way.

That evening, Sarah Petronio prepared a delicious dinner at her home. Gurudev reminisced with Peter and Sarah about the 60's when Sarah used to cook food in Brooklyn and bring it to where Gurudev was staying in Manhattan.

22 April

In the ecumenical spirit, Michelle Ligonnet organized a lovely LOTUS buffet dinner in her home. There Gurudev



The Van Lysbeths with Sri Gurudev.

and guests enjoyed a meal prepared by Annapoorna of the New York IYI, who is going to school in Paris. After dinner the LOTUS slide show was presented.

23 April

Gerard Le Comte arranged for Gurudev to have a special tour of the Renault car factory. Gurudev spent several hours observing the manufacturing process and enjoyed viewing the latest technology. He compared this to the days when he was involved in the automobile industry, and he was particularly interested to see the Renault robots working on the assembly line.

Special thanks to Gerard Le Comte, Peter and Sarah Petronio, Michelle Ligonnet, Siva and Shakti Mouton and all the members of the Integral Yoga France for organizing such a beautiful and fruitful visit.

We would also like to gratefully thank Swami Bhoomanandaji of Switzerland. She came especially to Belgium and

France and flawlessly translated Gurudev's talks from English into French.

ITALY

24 April

Sri Gurudev flew from Paris to Pisa where he was met by Kali Rosenblum. Kali has been living in Italy for the past year as a Rolf therapist. She arranged Gurudev's flight from Pisa to the beautiful island of Elba, and accompanied him during the trip.

Isola d'Elba is the island where Napoleon spent time in exile from France. For the next four days, one hundred and fifty yoga teachers and students spent time in their own special "exile" — the annual Conference of the Italian Yoga Federation.

Sri Gurudev was invited to be the special guest speaker and was hosted by Federation President, Antonio Nuzzo. The theme of this year's Conference was "Meditation," and Gurudev's first talk focused on "Meditation for Health and Therapy." Gurudev explained the impor-

tance of a vegetarian diet, non-smoking and selfless living, which all lead to health in body and mind. Barbara Woehler beautifully translated all of Gurudev's talks from English into Italian.

In the evenings Gurudev shared dinner with Antonio and Barbara and the other Federation members. The special attraction during these dinners was Antonio and Barbara's darling eleven-month-old daughter, Georgia. She loved charming all the yogis. Barbara described how during last year's conference she was pregnant with Georgia, and the birth was overdue. The day of Gurudev's departure she and Antonio were in a small elevator that could hold only four. Gurudev, looking into Barbara's eyes, commented, "Well, we are four." The very next day, Georgia was born.

26 April

Gurudev gave a talk on the subject "Meditation in Action" and spoke of the Japanese tea ceremonies as beautiful examples. Nothing should miss your awareness. You should train the mind like that. That is meditation in action."

27 April

Journalists and photographers from newspapers such as *Il Repubblico* were eager to interview and photograph Sri Gurudev. After some interviews, the photographers asked to go with Gurudev to several of the scenic places overlooking the Mediterranean Sea to take special photos. There they took beautiful photos. Onlookers seemed equally entranced and fascinated by the beauty of Gurudev and the scenery and asked if he would pose with them for some photos.

Sheela, John, Meera Goeggel of Switzerland attended the Conference and joined Sri Gurudev in some sightseeing that included the harbor town of Porte Ferraio and several forts associated with Napoleon. Siva Jeney, who had just returned from a visit to the U.S., helped serve as tour guide and translator.

That evening Gurudev gave a talk on the topic of "The Dynamics of Meditation and explained many of the pitfalls of med-

itation and how to focus and train the mind well.

Later that evening, Gurudev showed the Yogaville and LOTUS slides. The entire group was fascinated and much interest was generated. Giorgio Barabino, the Conference organizer, announced that the Federation would organize a chartered group to travel from Italy to the LOTUS opening.

Gurudev gave the closing talk of the Conference. After lunch, he was flown by private plane to Rome where Mrs. Vivienne Picciotto graciously served as his host.

Special thanks to Antonio Nuzzo, Barbara Woehler, Mrs. Picciotto and Kali Rosenblum for all their loving care and arrangements.

-Swami Premananda Ma

SAN FRANCISCO

Every seat in San Francisco's Scottish Rite Temple was filled on January 11th when Sri Gurudev delivered a loving and humorous two-hour *satsang* for the delight and instruction of the 750 people attending.

Gurudev was seated on an altar-like platform with broad steps richly carpeted in royal blue leading to his seat which was flanked by tall vases of flowers. He opened the *satsang* by saying in a quiet voice, "Thank you for having me here. We are here to talk about joy."

From this simple introduction, Gurudev interwove stories of inspiring selfless service, which led their proponents to peace and happiness, with tales of selfish desire, which caused their perpetrators disturbance and worldly grief.

Using his beloved puns and stretching word sounds and associations to their highest pitch, Gurudev's love filled the auditorium and all our hearts.

He began his talk by describing how every living creature is a seeker of joy in everything it does or does not do. "Even vegetables are not an exception to this," he said. "Take a plant and put it in a dark corner. Within a few days you will see the

lant straining its neck towards the light." From there, he examined the question of whether the things we do really bring us happiness, saying that the *Bhagavad Gita* states that for a discriminating person everything in the world brings pain. So we may ask," Gurudev said, "if this is the purpose of the world, to give us pain." Answering, he said, "yes . . . until you stop looking for happiness in the world."

"We see our happiness reflected in objects and people around us and mistakenly think our happiness is outside us when in reality happiness is our true nature."

"Chasing after happiness is like running with our backs to the sun chasing our shadows . . . when we turn to the light our shadow starts chasing us," he said.

Using a baby as an example of one who is experiencing cosmic joy, Gurudev reminded us that we all started out that way. That is why, as adults, we are irresistibly attracted to the serenity and divinity in a baby's face.

"A baby," he said, "has been sent already made up that way." But because we lost our sense of true self, we have to "make up" ourselves.

"In the baby's case," he added, "it is cosmic beauty, and in ours it is cosmetic beauty. We have to get back to that joy." Recounting the drama of Adam and the apple, Gurudev said, "God made Adam forget the truth and God made him eat the apple to try to find the truth." This drama was enacted so that we, the succeeding generations, could learn a lesson from Adam — that our happiness is not outside us but within.

Noting that even the *Bhagavad Gita* uses the word "fruit," Gurudev said Krishna's message to Arjuna is the same. "It's not that God wanted us to lose anything. The message is: If you do things looking for the fruit, you are going to lose your peace."

"If you go to the bottom of the pendulum you will swing with the pendulum but if you go to the very top you'll be watching the pendulum swing."

Referring to his talk the night before in Grass Valley, Gurudev gave a recipe for fritters which was greeted at its conclusion with wild applause, hoots and shouts of laughter.

The point of his "recipe" was that suffering is the most important part of life



and that suffering will not be suffering if a person knows it's for his or her own benefit. "You shouldn't try to inflict suffering on yourself," he said, "but if it comes, know it is for your benefit. When there is no pain, there is no gain."

"Even in the pure act of love people do business, look for return," he said. "How many poor gods go without any ceremony, any service, when they don't grant you what you want?"

He mimicked a meditator mournfully saying, "I have been meditating all these years and didn't get anything but suffering, suffering, suffering. At least, I hoped for a 'B' but all I got was an 'F'."

"At least, pick a week," Gurudev suggested. "Say: 'This is my selfless week. During the course of this week I will never do anything looking for something in return.' Try it and I am sure you will experience something good that week. You will learn to live for others."

"No animal lives for itself. When God told Adam not to eat the fruit, the apple tree got the lesson. Sacrifice is the law of life."

In closing, Gurudev said, "Everybody wants to be healthy and happy. The secret is to live for others. This is the joy. Make up your minds, not your faces."

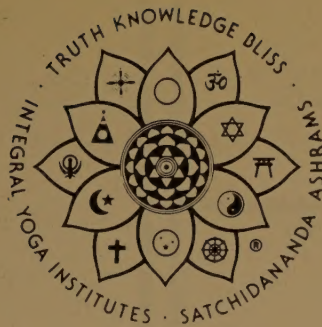
-Diana George

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*Listen my son to what I tell you now!
Do not be troubled nor disturbed
by anything. Do not fear illness, nor
any other distressing occurrence,
nor pain. Am I not your Mother?
Am I not life and health? Have
I not placed you on my lap and
made you my responsibility? Do
you need anything else?*

Our Lady of Guadalupe

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆



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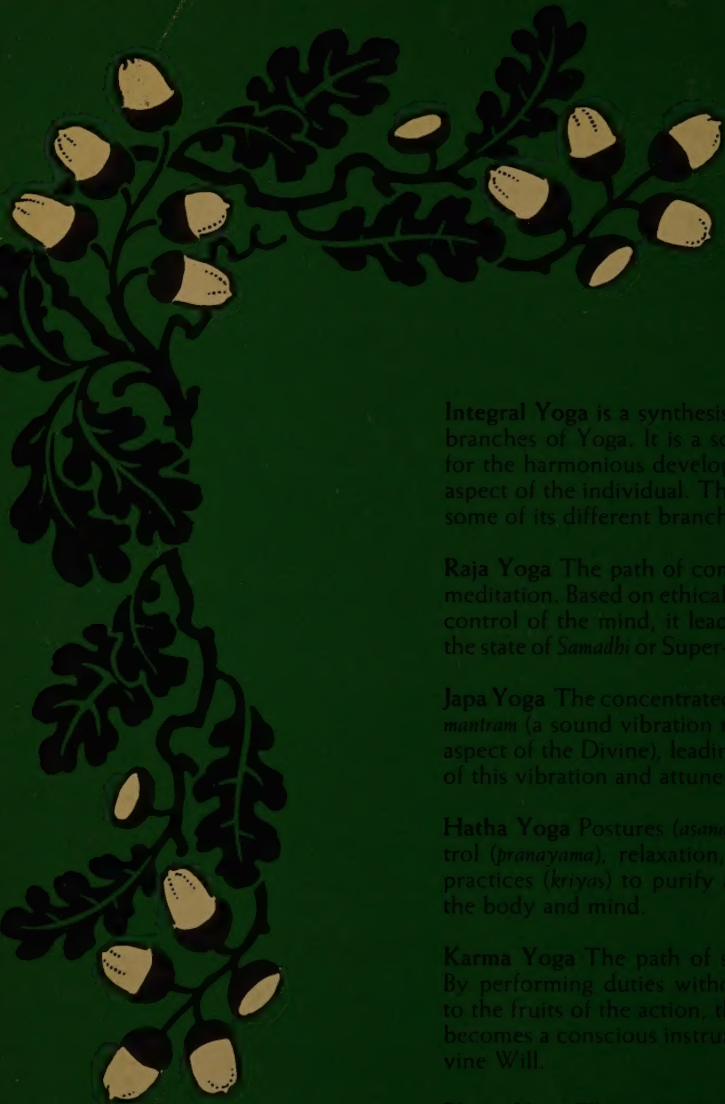
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Integral Yoga is a synthesis of the various branches of Yoga. It is a scientific system for the harmonious development of every aspect of the individual. The following are some of its different branches.

Raja Yoga The path of concentration and meditation. Based on ethical perfection and control of the mind, it leads ultimately to the state of *Samadhi* or Super-consciousness.

Japa Yoga The concentrated repetition of a *mantram* (a sound vibration representing an aspect of the Divine), leading to awareness of this vibration and attunement to It.

Hatha Yoga Postures (*asanas*), breath control (*pranayama*), relaxation, and cleansing practices (*kriyas*) to purify and strengthen the body and mind.

Karma Yoga The path of selfless service. By performing duties without attachment to the fruits of the action, the Karma Yogi becomes a conscious instrument of the Divine Will.

Bhakti Yoga The path of love and devotion to God, to an incarnation of the Divine or to a spiritual teacher. By transcending the limited personality, one attains union with the Divine.

Jnana Yoga The path of wisdom. By study, self-analysis and awareness, the Jnana Yogi ceases to identify with the body and mind, and realizes the Oneness.

The goal of Integral Yoga is: "A body of perfect health and strength, mind with all clarity and control, intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare, and realization of the true Self."

Swami Satchidananda
B.